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## Cultural Humility: From Power Imbalance to Mutuality and Intentional Respect Promoting Culturally Relevant Occupation-Focused Client-Centered Practice

### Understanding yourself as a cultural being

Cultural humility is a stance towards understanding culture. It requires a commitment to lifelong learning. It is a conscious self-reflection on one's own assumptions and practices. As a practitioner you can take comfort with not knowing, and recognition of the power and privilege imbalance that exists between clients and health professionals (Hammell, 2013)

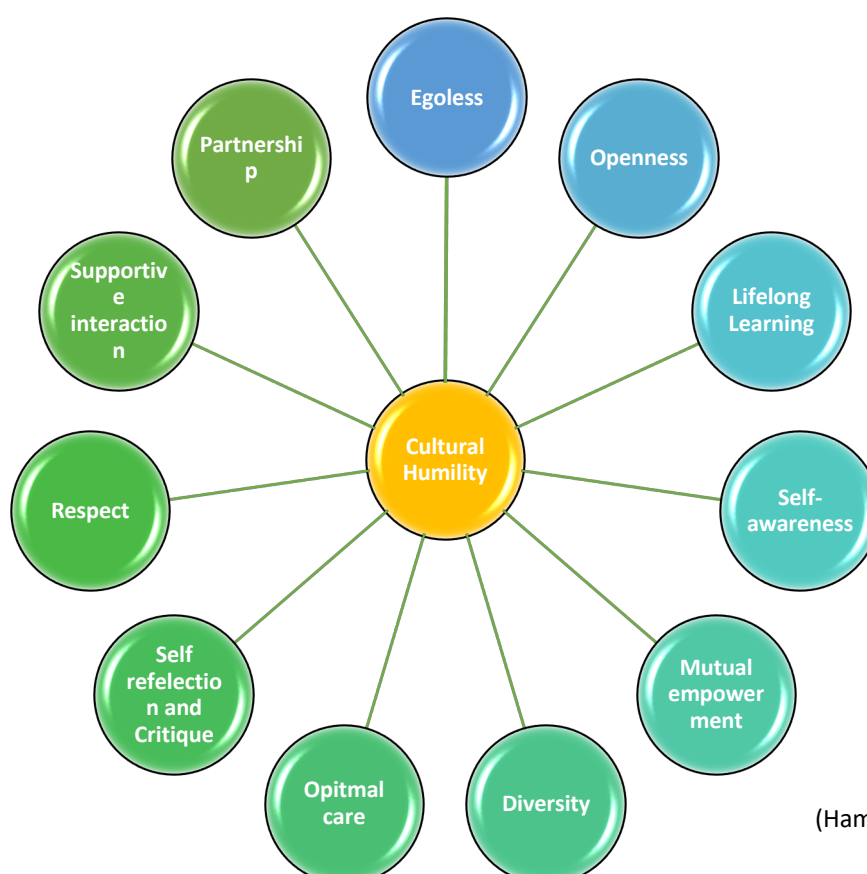
### Question your assumptions – cultural humility in practice

Question your assumptions	Your reflection
Think about your typical client	
What assumptions do you have when they come into your services?	
What are your intentions of practice?	
Can you think of an example of when your culture did not sync with the client?	
What was their reaction?	
What was your reaction? And how did you feel?	
Think about your inter-professional team	
What assumptions do you have of the team to collaborate with you?	
What are your intentions of practice?	
What are their assumptions of your practice?	
Can you think of an example of when your culture did not sync with the other professionals?	
What was their reaction?	
What was your reaction? And how did you feel?	

## Application of Cultural Humility



## Attributes and Antecedents:



(Hammell, 2013)

### **Reflection of Application:**

Question your assumptions	Your reflection
What does cultural humility mean to you now? And why?	
How will your practice look different as a result of using cultural humility?	
How will you include best practices into your practice?	
What are your intentions?	
What resources and support will you need?	

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